

# WESTFORD COUNCIL ON AGING NEWSLETTER

**MAY 2015**

THE COUNCIL ON AGING OFFICE HOURS ARE:  
MONDAY TO FRIDAY 8:00 AM—4:00 PM  
THE TELEPHONE NUMBER IS 978-692-5523.



MISSION STATEMENT: The mission of the Council on Aging is to promote physical, emotional, and economic well-being of older adults and to promote their participation in all aspects of community life.

## COUNCIL ON AGING STAFF

### *Director of Elder Services*

Alison Christopher  
L.I.C.S.W./Social Worker

Annette Cerullo, LSW  
Elder Outreach Coordinator

Claire France ..... Records Supervisor  
Marjorie Hunter ..... Registrar  
Jean Mahoney ..... Registrar  
Eugene Jungbluth ..... Lead Van Driver/Admin  
..... Lead Van Driver/Dispatch  
Marie Lawrence ..... Nutrition Site Manager  
Christopher Mitchell ..... Maintenance  
Peter Murphy ..... Evening Supervisor  
Katherine Russell ..... Vol./Act. Coordinator

## COUNCIL ON AGING BOARD MEMBERS

Helena Crocker ..... Chair  
Robert Tierney ..... Vice Chair  
Nancy Cook ..... Clerk

Dorothy Hall, Patricia Holmes,  
Ret. Chief George Rogers,  
Kathryn Wilson

Richard Severyn ..... President

## FRIENDS OF THE CAMERON OFFICERS

Joan Greenwood ..... Vice President  
Joyce Cederberg ..... Secretary  
Marjorie Hunter ..... Treasurer  
Diane Mudgett ..... Asst. Treasurer

**The Cameron Senior Center will be Closed on Monday, April 20th for the Patriot's Day Holiday.**

**GAY NINETIES CELEBRATION** - The Council on Aging is pleased to once again sponsor our annual Gay Nineties Celebration on **Tuesday, May 19th from 10:30 AM – 2:30 PM at the Franco American Club**. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch, served around 11:30 AM, and entertainment. **Advanced registration is necessary, at 978-692-5523 before May 8th.** If you were born in 1925 or earlier, please indicate your birth date when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring **one** guest and they will be seated at your table. Transportation is available. **This is open to all Westford Seniors only.** There is no charge for this special event.

**MEMORIAL DAY** - Town wide celebration of Memorial Day will be held on **Sunday, May 24th**. Ceremonies will be conducted at Freedom Park @ 9 AM, Forge Village monument @ 9:15 AM, Graniteville monument on North Main Street @ 9:45 and then at Nab Lake, Byrne Ave. dam at 10:30. On the Town Common, the reading of the Honor Rolls will begin at 10:45 AM. Culminating the ceremonies will be a parade starting at noon from the Roudenbush Community Center to the Town Common where various tributes will be given. Veterans who would like to participate should meet at the Cameron Senior Center at 8 AM on Sunday. All are encouraged to commemorate our US servicemen and servicewomen who have died in defense of our country on this holiday weekend. Join us if you can. If you'd like to participate, contact Terry at (978) 392-1170.

### **SPRING CLEAN UP – New Guidelines**

**Please know that due to growing numbers of seniors requesting the service and limited volunteer hours available, we will be prioritizing seniors with a demonstrated need (financial, physical) etc. We asked that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned.** For those that meet these guidelines and have signed up by our March 27<sup>th</sup> deadline we are doing our best to find volunteers to do this work for you. Once you are matched up with a volunteer organization (i.e. scouts, church or students) they will get in touch with you to make the cleanup arrangements. If you have any questions feel free to contact Annette, the Outreach Worker at 978-399-2326.

**GOLF**

Are you interested in playing 9 holes of golf on Tuesday mornings starting May 5th at Quail Ridge on Great Road in Acton? Fee is \$25 per week for 9 holes of golf and an electric cart if you pre-register at the Cameron Senior Center by calling 978-692-5523. Arrive at Quail Ridge at 8:30 AM and pay at the Club house. Be ready to hit the links by 9AM. A good way to meet other people and play a round of golf. On the following dates we will tee off at 10 AM with arrival at 9:30 AM: May 12th, June 9th, Sept. 8th and Oct. 13th. Call the Cameron to register your name and number. Weekly count is necessary.

**FAITHWORKS**

We would like to extend our appreciation to all the volunteers from local Methodist churches that provided a day of service to Westford seniors on May 9<sup>th</sup>. The residents greatly benefited from this outreach program.

**KELLER WILLIAMS – RED DAY**

RED Day, which stands for Renew, Energize and Donate, is Keller Williams Realty's annual day of service. Our sincere thanks goes out to the employees of Westford's Keller Williams who are helping a few of our local senior veterans in town on May 14th.

**LUNCH & LEARN PROGRAM**

Please register for the Lunch and Learn Program at the front desk at 978 692 5523 as soon as possible so that we can plan for food. Space is limited to 18 people.

Join us on **Friday, May 8<sup>th</sup> for a free lunch at 12:15 pm** followed by a demonstration on making a natural spring wreath for your home. The instructor is willing to show us her talents and teach us how to do the same with simple items from your yard. This class is simply a watch and learn, not a hands on activity. You will leave the class with the knowledge of how to create one at home. Sign up quick! Lunch provider to be determined.

**Friday, June 12<sup>th</sup> at 12:15pm** will be a Presentation on Foot Care and Foot Health by Sarah Kinghorn from Footcare Focus. Lunch provider to be determined.

**CAMERON CLOSET**

Spring is finally here and summer is on the way! Donations are needed for the Cameron Closet; spring and summer clothing that are clean and in good condition are now being accepted. Shopping hours are Monday – Friday, 9AM – 3PM.

**MONTHLY MOVIE**

A movie will be shown on the third Friday of each month at 1:30PM in the Cameron sitting area. Please sign up at the front desk 978 692 5523. On **Friday, May 15<sup>th</sup> at 1:30PM** the movie will be **"Apollo 13" (1995)** with Tom Hanks. **Friday June 19<sup>th</sup> at 1:30PM** the movie will be **"Remember the Titans" (2000)** with Denzel Washington. Any movie suggestion please let Katie know by email [krussell@westfordma.gov](mailto:krussell@westfordma.gov) or call 978-399-2330.

**NAIL POLISHING**

Our Westford Academy student intern will be doing free manicures for the spring and Mother's Day on **Friday, May 8<sup>th</sup> from 9-11:30 a.m.** We will have a limited selection of colors so feel free to bring your own nail polish. Please sign up at the front desk for a 20 minute slot. 978-692-5523.

**VOLUNTEER CORNER****VOLUNTEER/ACTIVITIES**

**Volunteer/Activities** Please Join our Team! We are always welcoming and looking for new Volunteers and new Ideas for Activities so if you are interested please give Katie a call at 978-399-2330 or send her an Email at [krussell@westfordma.gov](mailto:krussell@westfordma.gov).

**Areas and programs that are looking for more volunteers:**

**Fitness Room:** Seeking fitness room monitors Wednesday, 10:30AM - 1PM as well as other shifts. If interested please contact Katie at 978-399-2330.

**Meals on Wheels** Looking for volunteer drivers for more information and interest please contact Katie at 978-399-2330.

**SALAD BAR** - Our Salad Bar is back! **Thursdays and Fridays 11:30 AM - 12:15 PM starting May 7th.**

The success of this salad bar depends on your participation!

**FOOD PANTRY**

The Westford Community Food Pantry is located at the Senior Center and staffed by volunteers. The hours for **May** are as follows:

- **Monday's, May 4th & 18th** —1:00-3:30 PM
- **Wednesday's, May 6th & 20th** - 8:30-11:30 AM
- **Thursday's, May 7th & 21st** -8:30-11:30 AM & 6-8 PM
- **Friday's, May 1st & 15th** -8:30 - 11:30 AM

The Westford Community Food Pantry is located on the first floor at Cameron.

**The Food Pantry is Seeking Donations! Please donate Non- Perishable foods that have not expired, and Please NO glass containers.**

**DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?**

- If you are 60 years or older, you may qualify for food assistance. For more information call the Food Source Hotline at 1-800-645-8333.

**LUNCH** - The Merrimack Valley Nutrition Program provides anyone age 60 and over with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-692-5523 a minimum of two days in advance between 8:00 - 10:00 AM to make your reservation. The donation is \$2.00. If spouse/partner is under the age of 60, the meal cost is \$4.50.

**MEALS ON WHEELS** - Meals on Wheels clients are now offered a choice of five special diets. Along with the

traditional Meals, a special diet with a doctor's authorization is available. Let us assist you Monday through Friday by delivering meals to your door around noontime. Call 1-800-892-0890 to register. *Volunteer drivers wanted, call 978-399-2330.*

### ACTIVITIES

**Cameron will be closed on Monday, May 25th for the Memorial Day Holiday. Confirm class dates and times with your instructors.**

**IMPORTANT NOTICE:** Thank you to the Friends of the Cameron Senior Center; Programs are now free thanks to their generosity. Please thank them and maybe consider a donation to them.

**AEROBICS with Elaine** - Classes are on Wednesday's at 9 AM and Friday's at 8:30 AM.

**ART-OPEN STUDIO** - Any person who paints in oils or watercolors is welcome to join our open group on **Mondays, from Noon to 3 PM.**

**UPBEATS BAND MUSIC** - If you love music, play an instrument and want to have fun, come join the Band on **Tuesday mornings from 10:15—11:30 AM.** Hope to see you there!

**BILLIARD TABLE** - Billiard table available for your enjoyment **Monday through Friday 8 AM - 3:30 PM.** Players are available on Mondays & Fridays if you would like to come and partner up.

**BINGO** - Monday's, 1–3 PM & Thursday's, starting at **6:45 PM**, doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322 in advance.

**BONE BUILDERS** - Morning classes are on **Monday and Wednesday at 9:30 AM.** Afternoon classes are on **Tuesday and Thursday at 1 PM.** Please call 978-692-5523 to enroll in this program that can help you with balance and strength building. When you call ask for a form and then stop by to complete the paperwork prior to starting a class.

**BOWLING** - Wednesdays, at **9:00 AM** at Brunswick Lanes in Lowell. Call Jack at 978-692-7889 for more information. Looking for 3-4 people to form another team. There is a fee to bowl.

**MEN'S BREAKFAST** May Men's Breakfast will be held on **Tuesday, May 12<sup>th</sup> at 8AM.** Our presenter will be Ellen Harde with "**Westford-A Sense of Community**"—a slide show created by the League of Women Voters of Westford for the 250<sup>th</sup> Anniversary of our Town. Please RSVP at least 2 business days ahead of time so that we can plan for food. RSVP by calling 978-692-5523 or email [achristopher@westfordma.gov](mailto:achristopher@westfordma.gov). June Men's Breakfast will be on **Tuesday, June 9<sup>th</sup> at 8AM.** More information regarding our speaker to follow next month.

**WOMEN'S BREAKFAST** -Thursday, May 14<sup>th</sup> at 8am. In Honor of Mother's Day, May's Woman's Breakfast is being generously sponsored by Patti Mason, Mary Alcorn, and Angela Harkness. We will hear a travel presentation

by Deb Kalikow. Please RSVP at the Front Desk or call **978-692-5523** at least two business days ahead so we can purchase enough food. May will be the last Woman's Breakfast for the series; I would like to thank all of the volunteers that have helped with the Woman's Breakfast it could not have been done without you. Woman's Breakfast will start again on **Thursday, September 10<sup>th</sup>.**

**INTRO-COMPUTER** - If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will be called by our instructor Mary Eve to set up a time for your instruction. We have WiFi.

**CHAIR MOVEMENT EXERCISE** - Tuesday's , **10:15—11:15 AM** and Thursday's **10:00—11:00 AM.** This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity. Hand weights and stretch bands may be used and are provided as well as optional for the participant. Our instructors are Jo and Carol.

**CRIBBAGE** - This game minded fun group meets every **Wednesday from 1 to 3 PM.** Come join us!

**DARTS** - The Dart board is set up in the Billiard Room for your enjoyment, when ping-pong is not in use.

**FITNESS/STRENGTH TRAINING ROOM** Come join the 490+ seniors who are getting fit the Cameron Way! The Fitness Room hours are **Monday - Friday, 8 AM-3:30 PM.** Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form. Annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration forms are available at the Cameron Front Desk. You may be eligible for reimbursement through your insurance. There is a Fitness Room fee.

**GENEALOGY WORKSHOP** - Every third Tuesday of the month, **Tuesday, May 19<sup>th</sup> from 9AM—12 Noon.** Call 978-692-5523 to schedule an appointment.

**HAND AND FOOT** A variation of Canasta. Come play this fun game every **Thursday from 1—3:30PM.** We have a great time and would welcome new players.

**KNITTING-BUSY FINGERS** - New participants are always welcomed! This group meets every **Monday & Wednesday in the Welcome Area from 1-3 PM** to make knitted and crocheted items. Great conversation; bring your project and come join us!

**ASK THE LAWYER** - Free legal service provided by the office of Attorney's Madge & Johnson is available to all Westford seniors age 60 and over by appointment only. The next date is **Tuesday, May 5<sup>th</sup> at 9:00 AM.** Please call 978-692-5523 to reserve a time.



**MUSIC MAKERS** Meet on **Friday's from 9 to 10:30AM**, under the Musical Direction of Tom Boyer.

**PING PONG** - Ping Pong is actively happening on **Fridays at 10 AM**. Come join the other players for some light hearted competition!

**QUILTING CLUB** - The Cameron Quilters are a group of dedicated quilters who make and donate comfort quilts for elders and children. Stop by and join them on **Monday's at 9:30 AM**. All skill level quilters are welcome.

**MEET THE REALTOR** - Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron on **Monday, May 11th at 10:00 AM**. Please sign up by calling 978-692-5523.

#### **RESTAURANT REVIEW**

Be sure to mark your calendars for our next outing on **Wednesday, May 27<sup>th</sup> at 11:30 a.m. at The Elegant Chef at Nashoba Valley Technical High School, 100 Littleton Rd, Westford..** Please pre-register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. Check in under "Westford Senior Center". Bon Appetit.

**SCRABBLE** -Our friendly group would love to welcome new scrabble players of any level! Please come and join us for some interesting and light hearted fun on **Tuesday's from 1 – 3:30 PM. Try us out!**

**T'AI CHI** - Classes are on **Monday's at 1 PM** and are opened to new participants each week. Please call and register at 978-692-5523.

#### **Wii**

Will games are taking place on **Friday's at 1 PM in the computer room**; so if you are interested in participating and partnering up please come and join us! The Wii is available at other times as well.

**GENTLE STRETCH YOGA** - Gentle Stretch Yoga is a modified series of traditional poses, which can be done by almost anyone—of any age or ability. Our instructor is a certified yoga and older adult fitness instructor. This weekly class is held on **Tuesdays from 9-10 AM** and **Wednesdays from 1:30-2:30 PM**. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up.

**BASIC ZUMBA** - Basic Zumba is a great way to get moving and have fun. Join Carol our instructor on **Tuesdays at 8:15 AM** and **Thursdays at 9:00 AM**. Ask about the reimbursement program.

### **MEDICAL INFORMATION**

**DIABETIC SHOE CLINIC** - All Diabetics on Medicare are entitled to one new pair of diabetic shoes and inserts every calendar year. Register for a show fitting. At the Clinic, your feet will be measured and their conditions assessed along with a good shoe recommendation. The shoes will be ordered and a return date scheduled when the shoes arrive to make sure the shoes fit properly along with any inserts. Amy from Ace Medical Supply will be here on **Thursday, May 28<sup>th</sup> at 1:30PM** to assess your

feet. Each appointment takes 10 minutes. When you pre-register you must pick up an information packet to be completed by your physician. It is mandatory that you bring your completed paper work signed by your doctor and Insurance information to the fitting. **Shoe Distribution at the Cameron TBD**. If registering by phone at 978-692-5523 please give your mailing address to allow us to mail you paper work.

**SHINGLES VACCINATION PROGRAM** - The Health Department will be having a **free** shingles vaccination clinic, on **May 13<sup>th</sup>** from 1-3 PM at Town Hall. One in 3 people will experience Shingles in their lifetime. The Zostavax vaccine is a one-time vaccination for people age 60 and older and was developed to help prevent the painful and potentially serious episodes of Herpes Zoster (shingles). **Appointments and a phone pre-screening are required. Call 978-692-5509 to schedule.**

**CHOLESTEROL SCREENING** on **May 22**, from 8:30am -12:00pm at the Town Hall, 2nd floor conference room. Test will provide information on your Total and HDL levels using finger-stick blood draw method. Blood pressure will also be screened. Quick and convenient. No fasting required. Appointments necessary, **call 978 692-5509** to schedule. Fee: \$15.

#### **NATIONAL DRUG TAKE BACK DAY**

Co-sponsored in town by the Westford Police Department, Health Department and the Drug Enforcement Agency. It will be held on Saturday, May 16th, 2015 from 9 a.m. to 1 p.m. Location: Police Station Lobby, accessible from Town Hall lot, 55 Main St.

**PRESCRIPTION ADVANTAGE** - Do you need help with prescription drug costs? Prescription Advantage may be your answer. Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income less than \$35,011 for a single person and \$47,191 for a married couple. (There is no asset limit!) For more information call your Senior Center (978-692-5523) and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. Prescription Advantage has a new web-site! [www.prescriptionadvantagema.org](http://www.prescriptionadvantagema.org). It includes: Benefit & eligibility information, the most recent application forms & rate sheets and a secure, user-friendly **on-line application**.

#### **PRESCRIPTION ADVANTAGE SPEAKER**

**June 3<sup>rd</sup> at 1PM at Cameron**. Come hear Kathy Devine, outreach coordinator for Prescription Advantage, talk about how the program works with your Medicare or other prescription drug coverage. This is especially important for people who reached the donut hole in 2014. Call 978-692-5523 to register.

**SHINE** - If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions, please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled date is **Monday, May 11th at 1 PM.**

### **Did YOU Reach the "Donut Hole" last year?**

*If so... chances are you could reach it again!*

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135!.....This is where **Prescription Advantage** can help. ....**Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the "donut hole."

To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their web-site at: [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

*The money you save can be your own!*

**FITNESS REIMBURSEMENT** - As an incentive for people to get fit and stay healthy many health insurance companies offer a Fitness Rebate up to \$150. for participating in an approved fitness center. The Westford COA is an approved center for several insurance companies, please check with yours. You need to contact your insurance company by phone or on line to get the Fitness Rebate Form, complete it with proof of your membership to a fitness center and proof of payment and submit it for the previous year's fitness. Most companies have a deadline of early spring so now is the time to submit for your rebate.

**PODIATRY CLINIC** - Our podiatrist, Dr. Aileen Gregorian will be at the Senior Center on **Monday, May 11th at 9:30 AM. The cost of the clinic is now \$30.** Appointments are necessary; please call 978-692-5523.

**BLOOD PRESSURE & MORE** - These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at the Senior Center the dates and times for **May** are:

- Second Tuesday of the month, **May 12th 9:30-10:30 AM** with the Board of Health.
- Fourth Monday of the month, **Holiday NO BP Clinic** with Circle Home, Inc. on the second floor at Cameron.

**BOARD OF HEALTH CLINIC - Hearing/Hearing Aid Screening - Monday, May 11th from 9:30 - 11:30 AM.** Location: Cameron Senior Center. Appointments only.

Call the Board of Health at 978-692-5509 to book your 40 minute appointment with Dr. Megan from HearSmart Audiology located in Littleton, MA.

### **TRANSPORTATION**

Save gas and utilize Cameron's transportation! For your everyday rides call 978-399-2322 to reserve your seat on a van for your medical or social appointments! Every Wednesday we pick up around town for Market Basket, please call ahead! The cost for a round-trip ride within Westford is \$3, for surrounding towns is \$6, and \$8 for out-lying towns. Should you need to cancel the day of your transport, please call the front desk at 978-692-5523.

### **FINANCIAL**

#### **TAX WORK PROGRAM APPLICATIONS**

Applications for the Senior and Veterans tax work program are now available at the Cameron Senior Center for new participants. Previous participants will be notified if they have reached the top of the list for this year. There are 20 work slots available for seniors and 5 slots for Veterans. Stop in or call 978-692-5523 for an application.

All seniors (60 years and over) and Veterans who own and reside in their homes and pay real estate taxes are eligible to apply. There is a provision for disabled veterans to designate a "proxy" volunteer on their behalf. Applicants will be assigned to work **112 hours** in a town office or school department for a \$1,000 real estate tax rebate. A job match is made based on skills/talents indicated in the application process. The tax work program is subject to income taxes and OBRA.

Applications are due by the end of May 2015 and must be accompanied by a real estate tax bill. Veteran status should be indicated on the application and the Veteran's Agent will validate Veterans applications. In June, an informational meeting will be scheduled with the selected applicants. First time applicants will be selected first, followed by applicants on the waiting list longest after previous participation. The tax work year will run from July 1, 2015 to March 31, 2016.

**All hours must be completed by March 31, 2016.**

All questions should be directed to Pat at the Cameron, 978-692-5523 or Terry the Veteran's Service Officer at 978-392-1170.

#### **2014 CIRCUIT BREAKER**

Maximum credit: \$1,050. Minimum Age: 65(as of 31 Dec 14). If filing a joint return, only one needs to meet the minimum age requirement. Maximum Total Income: Single Return - \$56,000, Head of Household Return - \$70,000, Joint Return - \$84,000. Maximum Assessed Value of Home: \$691,000 (only applies to homeowner). Renters are eligible for the circuit breaker providing they do not receive any federal or state rent subsidy or rent from a tax-exempt entity (e.g., housing authority).

If your home is owned by a trust:

If the trust is a **revocable trust** (also known as a living or grantor trust) and you are the trustee, you are treated as a homeowner. If you are not the trustee, you are treated as a renter. If the trust is an **irrevocable trust**, you are treated as a renter.

If you live in the home under the terms of a life estate which requires you to pay the real estate taxes, you are treated as the homeowner unless the home is owned by an irrevocable trust. If the home is owned by an irrevocable trust, then you are treated as a renter.

### FUEL ASSISTANCE APPLICATIONS

**FUEL ASSISTANCE:** New applicants' appointments began in November at the Senior Center for all residents by calling Alison at 978-399-2325. If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities. If you received a renewal application in the mail and need assistance completing it please call Alison at 978-399-2325 or Annette at 978-399-2326.

HOUSEHOLD SIZE	MAXIMUM GROSS INCOME
1 .....	\$32,618
2 .....	\$42,654
3 .....	\$52,691
4 .....	\$62,727

### OUTREACH

With the good weather upon us we hope to see you more at the senior center. Join us for a class, game, movie, meal and more. This is a wonderful place to meet others, make friends, feel connected to the community and to offer your talents as a volunteer. I look forward to seeing you here.  
Annette 978-399-2326.

### SUPPORT GROUPS

We are now posting several local support groups on our town website for your reference. Simply go to [www.westfordma.gov/coa](http://www.westfordma.gov/coa), click on Services/Programs and then click on Support groups for listings. If you have further questions please feel free to contact Annette, Outreach Coordinator or Alison, Social Worker at 978-692-5523.

### ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Support Group for Caregivers of Patients with Alzheimer's & Related Dementias meets at the Cameron Senior Center, 20 Pleasant Street on the first Wednesday of each month at 6:30 PM. For information, please contact Sandy at 978-758-6072.
- Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30 pm. For information call 978-251-8880.

**COMPANION & RESPITE CARE** - For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call the Chelmsford Senior Center at

978-251-8491.

### DID YOU KNOW?

You are vulnerable to one of the many scams out there. Please don't become another victim! We've had several Westford residents targeted recently. We share with you their experiences so you don't fall prey to these crooks. Scam artists will tap into raw emotions to get people to react. For instance, they may call you saying they are your grandchild who is in danger in a foreign country or prison and needs your money to get home safely. They are lying! ***They will use your love for your grandchild to get you to send money!***

Another common scam is to tell you that you've won the lottery, sweepstakes or the Publisher's Clearing House! BUT there's a catch ... they will tell you that you need to send them money to cover the insurance and to guarantee safe delivery of the winnings. Remember, legitimate sweepstakes do not require you to send money. They are lying! ***They will use the excitement of winning to get you to send money!***

The other common scam we've witnessed is someone calling and saying they are from the IRS, that you owe back taxes and if you don't pay immediately you will be arrested! Remember, the IRS will never call you for money. They are lying! ***They will tap into your fear of being arrested to get you to send money!***

These con artists are skilled at taking advantage of people, especially seniors on fixed incomes. Please do not believe their stories and DO NOT give out your personal information or send money. They will sound sincere and convincing on the phone ... do not answer their questions or engage in conversation with them. Simply tell them you know it's a scam, that you are reporting them and hang up! Don't let them win; outsmart them, use your good judgment and protect your assets! Any questions feel free to call Annette or Alison at 978-692-5523.

### MISCELLANEOUS

#### US FLAGS TO BE PLACED ON VETERANS GRAVES

the week of May 16th. American Legion Post 159 members will be putting the US flags up in the weeks prior to Memorial Day. We will do our best to make sure that every veteran's grave is properly marked. Sometimes a flag will be misplaced or unintentional removed, please let the Veterans Service Officer know if a flag is missing, we will try and put one in place prior to Memorial Day. The flat bronze markers are provided by the VA at no cost, more information on obtaining them can be found at [http://www.cem.va.gov/hm\\_hm.asp](http://www.cem.va.gov/hm_hm.asp) or by calling/emailing the Veterans Services department. (978) 392-1170 or [veterans@westfordma.gov](mailto:veterans@westfordma.gov)

### DE CLUTTERING GROUP INQUIRY

Are you struggling with how to downsize your possessions? Do you feel overwhelmed by clutter? Would you like to learn to be more organized and to discard things that you no longer need? We are considering starting a de-cluttering support group with an experienced group leader. If you would be interested in participating in this type of a support group, please call and leave your name at the front desk 978-692-5523. If there is sufficient interest, we will work on scheduling it.

### **COOKOUTS & GRILL NIGHTS**

The Cameron Senior Center invites you to sign up for our series of Cookouts and Grill Nights.

We eat indoors. **Reservations are a must.** Please call 978-692-5523.

### **CAMERON GRILL NIGHTS**

Dates: **Thursdays, June 18th and July 23th from 4-6:30 PM.** Burgers and Hot Dogs served, please bring a salad or dish to share. The cost is \$2.00 per grill night. (Grill closes at 6:00 PM). Volunteers needed for clean-up.

### **INDEPENDENCE COOKOUT**

**The Friends of Cameron Senior Center invite you to their Independence Cookout on Thursday, July 2nd with food served at 11:30 AM. We will be grilling hot dogs and hamburgers. Please bring a salad or dessert for all to share.**

### **REPRESENTATIVE COOKOUT**

Representative Jim Arciero will be hosting a cookout at Cameron on **Thursday, August 20th at 11:30 AM.** This is a great opportunity to meet with him. Register at 978-692-5523.

**"ASK THE OFFICER"** - Westford Police Department Family Services Detective, Nirisa Nicoletti, will be available for consultation at Cameron on the **2nd Thursday of each month from 11AM to 12 Noon** – she will be here on **May 14th.** You may call 978-692-5523 for an appointment or walk-in.

**VETERANS SERVICES** - Meet with the Westford Veterans' Agent/Veterans Service Officer, Terry Stader on Thursdays between 8 AM and noon at the Cameron Senior Center. His regular office is located in the Millennium Building behind Abbot School located at 23 Depot Rd and is open Monday thru Thursday, 8:00 AM until 4:00 PM. Fridays by appointment only. Call 978-392-1170 or visit <http://westfordma.gov/veterans> for more information.

### **ALZHEIMER'S ASSOCIATION PRESENTATION**

The Liberty Alzheimer's Partnership is sponsoring a showing of "The Genius of Marian" at the Concord COA, Harvey Wheeler Community Center, 1276 Main Street, Concord on Wednesday, May 6th at 6pm. The film is an intimate documentary that explores one family's struggle to come to terms with Alzheimer's. The film was



graciously donated to the COA by Acton Pharmacy. The event is free of charge. There will be light refreshments.

**BREAKFAST** - A healthy nutritious breakfast is now available Monday-Friday from 8:30 9:30 AM at Cameron. The breakfast includes oatmeal, muffin, milk and juice. Breakfast to go is also available throughout the day by stopping at the front desk. We ask that you sign in so we can track the usage. Limit one breakfast per person per day.


**ELECTRONIC MAIL** - Are you willing to receive your monthly COA newsletter by email? **WE ARE LOOKING TO REDUCE OUR POSTAGE COST and this would help us.** Contact [cfrance@westfordma.gov](mailto:cfrance@westfordma.gov) and let her know your name and address as it appears exactly on this newsletter label and she will inform you how you can sign up on line.

### **WE NEED YOUR HELP**

Please we need you to swipe in on My Senior Center. Swiping in provides us with the data to be used when applying for grants and submitting Annual Reports to the State. Please assist us by swiping in. Thank you.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>2015</b>	<p>Suggested donation is \$2.00 per meal. All meals served with low-fat milk, bread, margarine and dessert.</p>	<p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p>		<p><b>1</b></p> <p>Creole Fish Brown Rice California Blend Vegetables Sherbet Italian Bread</p>
<p><b>4</b></p> <p>Rotisserie Chicken White Rice Broccoli &amp; Cauliflower Pears Oatmeal Bread</p>	<p><b>5</b></p> <p>Salisbury Steak Garlic Whip Potatoes Carrot Coins Butterscotch Pudding Diet Pudding Rye Bread</p>	<p><b>6</b></p> <p>Fishwich Sandwich LF Mayonnaise Sweet Potato Wedges Kernel Corn Fresh Orange Hamburger Roll</p>	<p><b>7</b></p> <p>Apricot Glazed Chicken Whipped Potatoes Scandinavian Blend Vegetables Ice Cream Cup Dinner Roll</p>	<p><b>8</b></p> <p>Sweet Potato Fillet Dirty Rice Vegetable Medley Pineapple Cup Snowflake Roll</p>
<p><b>11</b></p> <p>Hamburger/ Ketchup Potato Wedges Kernel Corn Peaches Hamburger Roll</p>	<p><b>12</b></p> <p><b>See Site Special</b></p> <p>Chicken a la King Whipped Potatoes Peas and Carrots Ice Cream Cup Whole Wheat Bread</p>	<p><b>13</b></p> <p>Chicken Nuggets Sweet &amp; Sour Sauce Potato Wedges/ Ketchup Broccoli &amp; Cauliflower Tapioca Pudding Diet Pudding Dinner Roll</p>	<p><b>14</b></p> <p>Roast Turkey &amp; Gravy Whip Potatoes Carrots Cranberry Sauce Pears Oatmeal Bread</p>	<p><b>15</b></p> <p>Breaded Fish Strips Red Bliss Potatoes Sweet Peas Fresh Apple Whole Wheat Bread</p>
<p><b>18</b></p> <p>Chicken Meatballs Gravy Whipped Potatoes Italian Blend Vegetables Fruit Cocktail Multigrain Bread</p>	<p><b>19</b></p> <p>Beef Stroganoff Whipped Potatoes Mixed Vegetables Peaches Rye Bread</p>	<p><b>20</b></p> <p>Oven Roasted Chicken Garlic Whip Potatoes Peas and Carrots Cranberry Sauce Pear Cup White Bread</p>	<p><b>21</b></p> <p><b>Birthday Dinner</b></p> <p>Roast Pork with Gravy Whipped Potatoes Broccoli &amp; Cauliflower Birthday Cake Diets &amp; MOWS Plain Cake Dinner Roll</p>	<p><b>22</b></p> <p>Potato Crunch Fish Oriental Rice Scandinavian Vegetables Fresh Orange Multigrain Bread</p>
<p><b>CLOSED HOLIDAY</b></p> 	<p><b>26</b></p> <p>Cranberry Juice Breaded Chicken Fillet LF Mayonnaise Kernel Corn Baked Potato Chips Sherbet Hamburger Roll</p>	<p><b>27</b></p> <p>Cheese Lasagna Marinara Sauce Green &amp; Gold Beans Fresh Orange Whole Wheat Dinner Roll</p>	<p><b>28</b></p> <p><b>High Sodium Meal</b></p> <p>Baked Ham/Raisin Sauce Red Bliss Whip Potatoes / California Blend Veggies Mixed Fruits Oatmeal Bread</p>	<p><b>29</b></p> <p>Broccoli, Egg and Cheese Bake Italian Blend Vegetables Peach Cup Low Fat Muffin</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2015				<div>1</div> <div>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:30 AM Music Makers 9 AM Billiard Players 10 AM Ping Pong 10 AM Wii 1:00 PM</div>	
	<div>4</div> <div>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM</div>	<div>5</div> <div>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Ask the Lawyer 9 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM</div>	<div>6</div> <div>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM Alzheimer's Sup. 6:30 PM</div>	<div>7</div> <div>Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM Bone Builders 1 PM Bone Builders 1 PM Hand &amp; Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM</div>	<div>8</div> <div>Breakfast 8:30-9:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Lunch &amp; Learn 12:15 PM Wii 1:00 PM</div>
	<div>11</div> <div>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Podiatry 9:30 AM Hearing Clinic 9:30 AM Meet the Realtor 10 AM Billiard Players 10 AM Art/Open Studio 12 Noon SHINE 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM</div>	<div>12</div> <div>Men's Breakfast 8:00 AM Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Blood Pressure 9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM</div>	<div>13</div> <div>Breakfast 8:30-9:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</div>	<div>14</div> <div>Breakfast 8:30-9:30 AM Women's Breakfast 8 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Ask the Officer 11AM Salad Bar 11:30 AM Bone Builders 1 PM Hand &amp; Foot 1 PM Bingo 6:45 PM</div>	<div>15</div> <div>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM Movie 1:30 PM</div>
	<div>18</div> <div>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM</div>	<div>19</div> <div>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Genealogy 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Gay 90's Luncheon — at the Franco 10:30 AM Bone Builders 1 PM Scrabble 1 PM</div>	<div>20</div> <div>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</div>	<div>21</div> <div>Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM Bone Builders 1 PM Hand &amp; Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM</div>	<div>22</div> <div>Breakfast 8:30-9:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM</div>
<div>CLOSED HOLIDAY</div>	<div>26</div> <div>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM</div>	<div>27</div> <div>Breakfast 8:30-9:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</div>	<div>28</div> <div>Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Salad Bar 11:30 AM Bone Builders 1 PM Hand &amp; Foot 1 PM Diabetic Shoe Clinic 1:30PM Bingo 6:45 PM</div>	<div>29</div> <div>Breakfast 8:30-9:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Salad Bar 11:30 AM Wii 1:00 PM</div>	

## COUNCIL ON AGING

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#### DAY TRIPS

**Call 978- 692-5523 for reservations and information on the following trips. Payment is due upon signing up for a trip. Make all checks payable to ‘Town of Westford’. Please, only register for self and spouse/companion for the trip. Transportation departs and returns from the rear parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.**

**Monday, May 11th, “Gloucester Lobster Cruise”,** join Fox Tours as you travel to the scenic North Shore and board the Beauport Princess Cruise Ship for a delicious New England Clam Bake and a narration by your Captain, about the sights you will be viewing. After, you will travel to nearby Salem Visitors Center to view displays that focus on maritime history of this area. You will return home at about 5:30 PM. Departure from the Franco at 8:30 AM. The all inclusive cost, including driver gratuity is \$87.p/p.

**Tuesday, June 9th Mohegan Sun - Buckingham Motor**

Coach departs from the Franco American Club at 7:15 AM. The fee of \$30, includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

**Wednesday, June 10th, North Shore Music Theatre presents “Dreamgirls”,** the story of an up-and-coming 1960’s girl group and all that comes with fame and fortune. Depart at 10 AM from the Franco on your luxury Silver Fox Coach. Lunch will be at the Danversport Yacht Club with a choice of fresh baked scrod or baked chicken. Then you travel to the Theatre for your matinee show. Return home at about 5:30 PM. The all inclusive cost, including driver gratuity is \$102.p/p.

**Tuesday, July 14th, “Boston Ducks”,** featuring the same Ducks used in the Victory Parades for the World Champion Boston Red Sox, New England Patriots and Boston Bruins. Depart from the Franco at 9 AM on your luxury Silver Fox Coach. Tour Boston Common, view the Public Gardens. You can take a Swan Boat Ride (on your own). Next you are off to Quincy Market, where you can enjoy lunch (on your own) or a short walk to the famous North End. This afternoon you will take a narrated tour on one of the famous Ducks, where your narrator will point out all the Boston sights. Arrival home at 5PM. The all inclusive cost, including driver gratuity is \$72. p/p.